

I AM Navy Medicine

RSS : Posts Comments

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

HomeAboutDisclaimerNavy Medicine NewsNavy Medicine WebSiteI AM Navy Medicine

Written on DECEMBER 11, 2012 AT 8:00 AM by VKREMER

# Wellness Tips from Naval Hospital Jacksonville

Filed under FAMILIES, FORCE HEALTH AND SAFETY, HEALTH [NO COMMENTS]

By Jeanne Casey Naval Hospital Jacksonville, deputy Public Affairs Officer



JACKSONVILLE, Fla. (Nov. 28, 2012) — Lt. Cmdr. Michael Kaplan, Naval Hospital allergist/immunologist, examines Kaedyn Smith his otoscope, which he uses to look into her ears and screen for illness during the regular physical exam. Naval Hospital Jacksonville's mission is to heal our nation's heroes and their families. (Photo by Jacksonville)

Everyone looks to their health care provider to help fix them when they're sick or injured – but most people also want to do what they can to stay well – to feel good, stay actively engaged with life, prevent premature aging and (for service members) maintain medical readiness. At Naval Hospital Jacksonville, our staff works collaboratively with patients to not only manage illness but to enhance wellness.

People can play an active role not only with their own healthy choices – eating well, exercising and not smoking – but also by understanding the preventive health guidelines for their age

## Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

## Navy Medicine Social Media

Follow us on Twitter

Join us on Facebook

Read our publications

View our photo stream

Watch our videos

## Navy Medicine Live Archives

- February 2015 (15)
- January 2015 (12)
- December 2014 (17)
- November 2014 (11)

and gender. Screenings are important for maintaining health, getting medical advice and identifying any problems early for optimal treatment.

Here are some healthy tips:

- Children and teens need regular medical and dental checkups and all recommended immunizations.
- Adults need regular medical and dental checkups, as well as immunizations including an annual flu shot. Older adults also need eye checks, pneumococcal vaccine (ages 65 and over), and colorectal screening such as colonoscopy (starting at age 50).
- Women also need regular pap tests, checkups during pregnancy and – starting at age 40 – mammograms.
- Patients with diabetes need regular blood tests, urine tests, foot checks and eye checks.
- Patients with asthma need to ensure they have a management plan in place and take medications properly.



JACKSONVILLE, Fla. (Nov. 29, 2012) — Justin Strickland, Naval Hospital Jacksonville optometrist, examines the eyes of Electronics Technician 3rd Class Damen Fong during a scheduled eye exam. Naval Hospital Jacksonville’s mission is to heal our nation’s heroes and their families. (Photo by Jacob Sippel)

More screening information is available from [U.S. Preventive Services Task Force](#), [Centers for Disease Control and Prevention](#), and [American Academy of Pediatrics](#).

- To verify benefits for the various TRICARE medical and dental plans, contact TRICARE health benefits advisors at 542-9164/9165 or check the TRICARE website at [www.tricare.mil](http://www.tricare.mil).
- Patients can take advantage of wellness services by scheduling a check-up with their Primary Care Manager (PCM). For patients with a PCM at NH Jacksonville, call Central Appointments at 542-4677 (for Branch Health Clinic Jacksonville, call 546-7094/7095). ♦
- Patients can also contact NH Jacksonville resources such as the Wellness Center (next to the base fitness center) at 542-5292, Deployment Health Center at 546-7099, Mental Health at 542-3473, Immunizations at 542-7810, pregnancy and parenting classes at 542-BABY (2229), Breast Care Center (542-9360 or 542-7857), Diabetes Center at 542-9178, Nutrition at 542-9786, and the weight loss surgery program at 542-7524.

Naval Hospital Jacksonville's priority since its founding in 1941 is to heal our nation's heroes

October 2014 (15)
September 2014 (20)
August 2014 (14)
July 2014 (13)
June 2014 (8)
May 2014 (11)
April 2014 (9)
March 2014 (14)
February 2014 (7)
January 2014 (7)
December 2013 (7)
November 2013 (12)
October 2013 (7)
September 2013 (14)
August 2013 (13)
July 2013 (11)
June 2013 (22)
May 2013 (15)
April 2013 (14)
March 2013 (14)
February 2013 (14)
January 2013 (12)
December 2012 (11)
November 2012 (11)
October 2012 (7)
September 2012 (9)
August 2012 (12)
July 2012 (13)
June 2012 (17)
May 2012 (22)
April 2012 (14)
March 2012 (13)
February 2012 (14)
January 2012 (13)
December 2011 (13)
November 2011 (20)
October 2011 (22)
September 2011 (12)
August 2011 (16)

and their families. The command is comprised of a hospital and five branch health clinics across Florida and Georgia. Of its patient population – 215,000 active and retired sailors, soldiers, Marines, airmen, guardsmen and their families – more than 57,000 are enrolled with a PCM. Each day, a dedicated team of 2,500 military and civilian personnel sees 1,800 outpatients and 315 dental patients, admits 15 inpatients, cares for 80 people in the ER, performs 14 same-day surgeries, fills 4,700 prescriptions, conducts 4,600 lab tests and delivers two to three babies. Additionally, up to eight percent of NH Jacksonville active duty staff is deployed around the globe providing combat and humanitarian care. Keep up with news by visiting the website ([www.med.navy.mil/sites/NavalHospitalJax](http://www.med.navy.mil/sites/NavalHospitalJax)), liking the Facebook page ([www.facebook.com/NavalHospitalJacksonville](http://www.facebook.com/NavalHospitalJacksonville)) and following on Twitter ([www.twitter.com/NHJax](http://www.twitter.com/NHJax)).

← Next post

Previous post →

vkremer tagged this post with: [BUMED](#), [Defense](#), [DoD](#), [family medicine](#), [flu vaccine](#), [health](#), [hospital](#), [medical](#), [Naval Hospital Jacksonville](#), [Navy](#), [Navy Bureau of Medicine and Surgery](#), [navy doctor](#), [Navy Medicine](#), [Public Health](#), [vaccine](#), [wellness](#)

Read 221 articles by [vkremer](#)

